

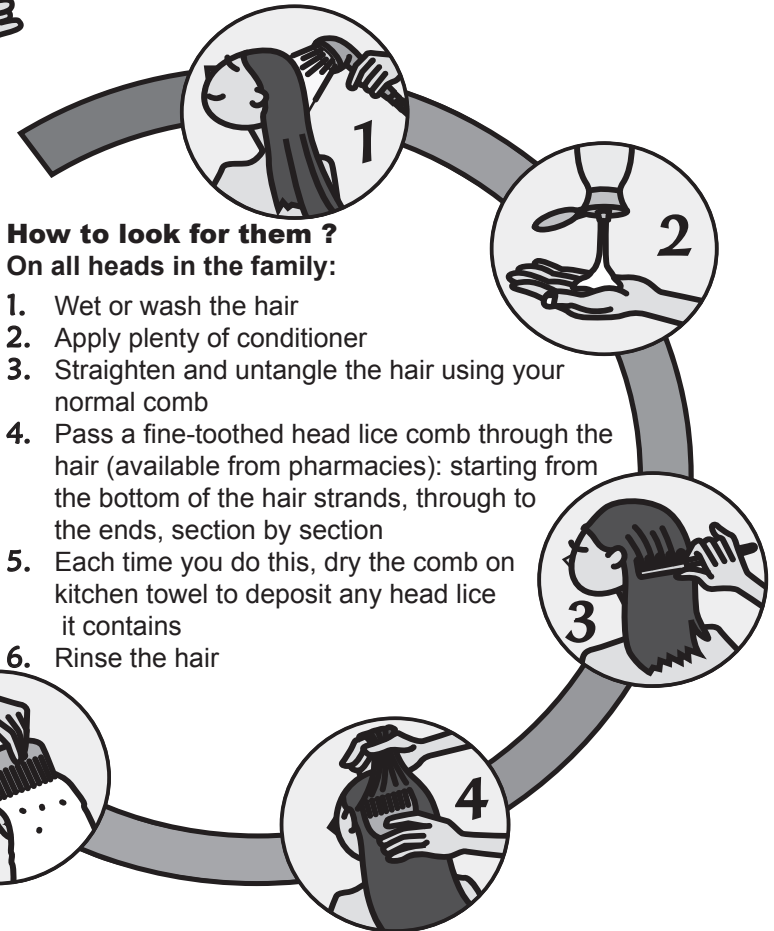
Head lice are back!

Look for them,
treat them only
if you see them



When to look for them ?

- If head lice are present in your immediate circle (school, crèche, family, friends, etc)
- Itchy heads
- If nits are present at the base of the hair (like dandruff, but difficult to remove)





You find nothing

Repeat the process in a week's time



You find nits

- Do not treat
- Remain vigilant, head lice may appear...
- Look for head lice on two further occasions during the week



You find head lice

- Inform your child's teacher
- The same day: check all family members and treat those who have head lice
- It is not necessary to clean bedding, clothing, soft toys, etc
- Preferably, use a different hair brush for each person

To eliminate head lice :

- Wet the hair, apply conditioner, pass a fine-toothed head lice comb through the hair: 2 to 3 times a week for 1 month
- To reinforce this action, buy from the pharmacy a product that kills head lice, containin *dimeticone*
 - follow the instructions for use, taking the recommended precautions
 - 2 to 3 treatments are necessary (1st – 8th and 15th day)



If the treatment doesn't work

- Check the heads of **everyone in the family** again
- Buy a **different** product for the treatment of head lice (permethrin): carry out 2 to 3 treatments (1st – 8th – 15th day)
- To reinforce the process, use the fine-toothed head lice comb every other day for 1 month



In brief

You've found head lice:

- Remove the head lice with a fine-toothed head lice comb passed through the hair after the application of conditioner, 2 to 3 times a week, for one month
- Reinforce the action with an anti-head lice product containing *dimeticone*, applied on the 1st and 8th day (15th day)

No preventive treatment

Still have questions? answers

- From the school nurse
- From the help desk of the children's and young person's health service, tel. 022 546 41 00
- ssej@etat.ge.ch
- <https://www.ge.ch/comment-savoir-que-faire-si-mon-enfant-poux>



Learn more about head lice

- Are passed on by direct head-to-head contact
- Like clean hair just as much as dirty hair
- Feed on human blood
- Die in 48 hours, after dropping off the scalp
- Cling to hair, avoid light, cannot jump or swim, move quickly

The lifecycle of the head lice

- A head lice is a greyish insect up to 4 mm long which lays 7 to 10 eggs (nits) per day at the base of hair strands (first centimetre of hair)
- After 7 to 10 days the young head lice are born
- 7 to 10 days later they become adults and reproduce



nits



10 days



14 days



16 days



20 days



Actual size of a head lice, 4 mm